

Apprentice Group Meeting Guide – Healing (Steps #6 & 7 Combined)

“How are we all doing?”

1. *High, Low & Buffalo*
2. *Did anyone experience a ‘vulnerability hangover’¹ this week? How did you get through it?*

“Shall we dive in?” – *Read 2 Cor. 3:16-17 out loud. Take a few seconds, then read it again.*

“Let’s take a moment.” (Silence) – *Take a few minutes to “tune” your heart towards Jesus.*

“Who would like to go first?” (Share One at a Time – Set a Timer for 15-20 Minutes)

1. The first five steps are key for our journey to freedom. Read the 5 steps below. If it is true for you, read it out loud. If you are uncertain, share that with the group.² *For example, “I admit I am still powerless. [Pause.] I’m not sure if I still believe that God has the power to restore me to sanity. [Pause.] I am still willing...”*

Step 1 – I admit I am *still* powerless over my life and that my problems are *still* unmanageable.

Step 2 – I *still* believe God has the power to restore me to sanity.

Step 3 – I am *still* willing to surrender my life and will to God as He has been revealed in Jesus.

Step 4 – My moral inventory was fearless and searching.

Step 5 – I have admitted to God, myself, and one other person the exact nature of my wrongs.

2. Inventories can reveal themes in brokenness. Some people call these themes “Defects of Character” or “Shortcomings.” What are 2 or 3 themes that came up in your life? You can choose them from the list below or write your own:

My “defects of character” are:

- | | | | |
|---|-----------------|----------------------------------|---------------|
| ○ Fear | ○ Anger | ○ Self-pity | ○ Selfishness |
| ○ Lying | ○ Impatience | ○ Jealousy / Envy | ○ Gossip |
| ○ Lust | ○ Greed | ○ Self-loathing | ○ Control |
| ○ Insincerity | ○ Perfectionism | ○ Cruelty | ○ Escape |
| ○ Gluttony | ○ Revenge | ○ People pleasing | ○ Pride |
| ○ Needing <i>things</i> | | ○ Laziness / Procrastination | |
| ○ Needing <i>other people to think well of me</i> | | ○ Needing <i>accomplishments</i> | |

1. _____
2. _____
3. _____

¹ A *Vulnerability Hangover* is when we regret being vulnerable. We might feel shame for what we shared and be tempted to stay home instead of showing up. With care and compassion, follow up with anyone who is absent from your group.

² It is important to revisit any steps where you are uncertain. You could take time to talk to God about that step, listen to the sermon again, re-read the discussion guide, talk to a trusted friend, counselor, or pastor, or sit somewhere silently to think.

3. Our defects of character cause pain *and* bring benefits. What pain and benefits do your defects of character bring you?

For example:

Fear gives me protection from getting hurt but it also keeps me from getting close to people.

Lust gives me comfort in the moment but it also destroys intimacy and brings shame.

Greed gives me all I need but it also pushes me to always get more.

What benefit and pain do your defects bring you?

1. _____ gives me _____ but it also _____.
 2. _____ gives me _____ but it also _____.
 3. _____ gives me _____ but it also _____.
4. Step 6 needs us to be *willing* for God to transform our defects of character into a better way of life. Are you *willing* to surrender both the pain and the benefits of your defects?
- a. If so, continue to the next question.
 - b. If you are not willing, what is holding you back? Take a moment to pray: *Jesus, I am struggling with this step. Help me to be ready to change.*
5. In step 7 we humbly *ask* God to change us. In other words, we complete steps 6 and 7 when we let God do what we've asked Him to do. This includes trusting God for what you need instead of trusting your defects of character.
- a. Take a moment, then pray: *Jesus, I am ready and willing to change. I surrender my defects of character to you: _____, _____, and _____. Teach me a new way of life, and help me to trust you for what I need.*
6. Change is difficult. We might feel overwhelmed as God begins this process in our lives. However, God is gracious - He often transforms us one way at a time, one day at a time.
- a. Pray: *God, where do you want to start?* Take a moment to listen.
 - b. Share with your group: *"I feel like God wants to start with..."*

"Thanks for sharing _____. Can I pray for you?"

"Alright, who's next?" (Everyone Takes a Turn Sharing and Being Prayed For)

"Thanks everyone! Same time next week?" (Confirm Next Meeting & Wrap it Up)